

**Paula Martin Jones Recreation Center** (August 2011)  
**1230 “B” South High Street**  
**903-239-5500**  
**www.longviewparks.com**

|                  |   |
|------------------|---|
| 6:00 – 7:00 AM   | Water Aerobics: Upbeat, fast pace                                   |
| 7:00 – 8:55 AM   | Lap Swimming Only   |
| 9:00 – 10:00 AM  | Water Aerobics Class: Upbeat, fast pace                             |
| 10:00 – 11:00 AM | Water Aerobics Class: Beginners, strength & flex                    |
| 11:00 – 11:55 AM | MWF: Lap Swim; T&TH: Aqua Zumba                                     |
| 12:00 – 1:00 PM  | Water Aerobics (Family Class, see below): Cardio, strength & toning |
| 1:00 – 3:55 PM   | Lap Swim & Open Swim  |
| 4:00 – 5:00 PM   | Water Aerobics: Upbeat, cardio                                      |
| 5:00 – 5:30 PM   | Quick Lap Swim  |
| 5:30 – 6:30 PM   | Water Aerobics: Fast pace cardio                                    |
| 6:30 – 7:30 PM   | M-Th: Lap Swim & Open Swim  |

### **Pool & Children**

#### *Noon Family Class*

- No Children under 8 allowed in the pool during the 12:00 PM Water Aerobics Class
- Children 14 and above may participate in the noon water aerobics class

#### *Children 8 – 13 may attend*

- Open swim: 1:00 PM – 3:55 PM and 6:30 – 7:30 PM
- MUST have an adult with them

#### *Children under 8 may attend*

- Open swim: 1:00PM -3:55PM and 6:30 – 7:30 PM
- MUST be within arm’s reach of an adult that is in the pool with them

***American Red Cross Certified Lifeguard  
on duty at all times***

### **Pool Rules**

- Must shower with soap and water before entering the pool
- Must wear proper swimwear, swim trunks must have liners
- No running
- No diving, playing on lap lines, ropes, or ladders
- No floatation devices or swim aids unless they are coast guard approved personal floatation device
- No food, drink, tobacco, gum or glass containers
- No open sores, wounds or band aids allowed
- Only patrons who are able to swim are allowed in the deep end  
(you may be swim tested by the lifeguard)
- Lap swimmers must share lanes as needed
- Pool will be closed during electrical storms

**Please cooperate with your life guard. They are in charge of the pool area for your safety and protection. They are required to enforce the rules and regulations and have the right to remove anyone from the pool at their discretion.**  
**(City Ordinance 745, Sec. 17.5-18)**

# Zumba

## ***Gold***

Monday, Wednesday & Friday

11:00 - 12:00 PM

## ***Aqua***

Tuesday & Thursday

11:00 - 12:00 PM

## ***Basic***

Monday, Tuesday, & Thursday

6:00 - 7:00 PM

**Ditch the workout,**

**Join the party!!!**